The Discipline of Study

Brent Moody · Hebrews 4:12–13

INTRODUCTION

- Whatever it is we're filling our minds with is then what's going to be in our heart and what's going to then proceed out of the mouth.
- Think about this from another angle, the angle of the repetition of study, and how important that is in renewing our mind and transforming our mind.

1 God Made Very Clear How Important This Was

Deuteronomy 6:5–12; Deuteronomy 17:18–20; Joshua 1:8

- You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.
- He shall read it all the days of his life, that he may learn to fear the Lord his God by keeping all the words of this law and these statutes and doing them.
- This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it.

2 Jesus Fed His Mind With Scripture

Matthew 19:4; Mark 12:10; Luke 24:27

- The idea of discipleship is in fact that we are following the Master, that we're following Jesus. And we know that Jesus Himself, he fed his mind with scripture.
- As he's tempted in each one, he replies, It is written.
- He started in the beginning with Moses and all the prophets, and he explained to them what was said in all the scriptures concerning himself.
- If Jesus is filling his mind and feeding his mind with Scripture, the reality is if I'm a disciple, if I'm going to follow him, I should be doing the same thing.

3 Study Is the Most Important Discipline of Engagement

Hebrews 4:12–13

- Study is probably the most important discipline of engagement in terms of transforming our mind.
- For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and the intentions of the heart.
- If I have a regular habit and pattern of looking through scripture and reading through the word of God, there's going to be conviction that comes with that.
- I'm not really reading scripture. Scripture's reading me.

4 Four Steps to the Study Process

- There is repetition, which I've already mentioned. There's concentration, comprehension, and reflection.
- What are we allowing to feed and fill our minds? And are we intentional about how that process is happening?
- If mere memorization or repetition can change behavior, think about what happens when that becomes comprehension and reflection in our life.

5 How Do We Add Study to a Hurried Life?

Romans 12:2

- I'm renewing my mind according to the will of God, Romans chapter 12, verse 2. And so it's a process. It's not a race.
- Discipline is really the idea of training and intentionality.
- The busier I feel and the more stress I have and the more hurried I am in my life, the more I need this.

6 Here's a Very Basic Plan

- It should be happening not because it's a law, not because it's a commandment, but it's because if we are disciples of Jesus and we want to be like him, this is part of being like him.
- The first of these is just basic reading. Spending some time each day, maybe 10 minutes, just reading through scripture, a couple chapters, a psalm or a proverb.
- Maybe another 10 minutes with deeper reading, something like journaling or marking your Bible.
- Then a few minutes just reading any good book, something that is helpful.
- The main thing is have a plan. Have something that you do. I would say have a place you go every single day.

THE CHALLENGE

Am I actually shaping my mind and my behavior through intentional frequent study?

MY NOTES